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Family empowerment in midwifery care for pregnant women in compliance with iron tablet consumption

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Abstract---The aim of midwifery care for expectant mothers is to empower families while adhering to iron tablet usage. This exercise is divided into three stages: planning, carrying out, and assessing. Identifying issues that arise at the Bahodopi Health Center, preparing resources, and creating counseling media in the form of Power Point (PPT) illustrated presentations are all part of the preparation stage. Delivering counseling materials on nutrition during pregnancy to pregnant women in order to prevent anemia is part of the implementation stage. Pregnant women's awareness of the information supplied by pre- and post-counseling questionnaires is evaluated at this stage. The findings indicate that prenatal nutrition, anemia, and the connection between nutrition and the prevalence of anemia in pregnant women can all be better understood by pregnant women through the facilitator's coaching. The target's understanding can be increased by providing information about anemia and keeping track of iron supplements. It is hoped that in the future, the community will be able to apply the information gained in a huge and sustainable way.

Keywords---Family Empowerment, Midwifery Care, Iron Tablet, Pregnant Women

Introduction

Anemia is defined as a condition in which the number of red blood cells or the concentration of hemoglobin in red blood cells is lower than normal (Simaremare et al., 2023). Hemoglobin is useful for carrying oxygen and if the number of red blood cells is too little or not enough hemoglobin, there will be a decrease in the blood's capacity to carry oxygen to body tissues (Smitha et al., 2024). Symptoms of anemia include fatigue, weakness, dizziness and shortness of breath. Hemoglobin concentration can vary depending on age, gender, altitude, smoking habits and pregnancy (Ambarsari et al., 2023). The most common cause of anemia is a nutritional deficiency, which is generally iron. Other causes that can cause anemia are deficiencies in folic acid, vitamins B12 and A and various infectious diseases such as malaria, tuberculosis, HIV and parasitic infections (Yanti et al., 2023).

The most common anemia in pregnancy is iron deficiency anemia, this is caused by a lack of iron intake in food due to impaired reabsorption, digestive disorders and bleeding (Purnama & Hikmah, 2023). Anemia in pregnant women increases the risk of postpartum hemorrhage, if anemia occurs since early pregnancy can result in premature labor (Indriastuti & Alifah, 2017). Lack of Fe in pregnant women will have a fatal impact because pregnant women need a lot of energy to give birth, and when giving birth usually blood comes out in large quantities so that the condition of anemia will worsen the condition of pregnant women and can be at risk of death (Yuriah et al., 2024).

Based on data obtained from the World Health Organization in 2017, worldwide the percentage of anemia in pregnant women is 43.9%, in the Asian region it is 49.4%, in the African region the incidence of anemia is 59.1%, in the American region the incidence of anemia is 28.1% while in the European region it is lower at 26.1% (Muthoharoh et al., 2022). In developing countries the maternal mortality rate is 40% which is still related to the incidence of anemia in pregnancy. The causes of anemia in pregnancy are lack of iron and acute bleeding (Sutanto et al., 2021). Anemia in pregnancy is a problem that occurs in Indonesia because of the high incidence of anemia in pregnancy (Billah et al., 2022).

Based on data quoted from Riskesdas in 2018, the Central Statistics Agency noted that the percentage of pregnant women experiencing anemia in Indonesia increased by 11.8%, from 37.1% in 2013 to 48.9% in 2018. The percentage of anemia is higher in the age group 15 to 24 years, which is 84.6%. There will be many impacts caused by anemia in pregnant women, during pregnancy anemia affects the growth and development of the fetus in the womb, and after birth it also affects the growth and development of the child born.^{2,5} Indirectly, anemia in pregnancy can also cause death in the mother, because anemia can be a cause of postpartum hemorrhage.

Pregnant women's non-compliance in consuming iron tablets can also occur due to nausea due to the taste and smell of the tablets, causing laziness to consume them (Yuriah et al., 2023). Knowledge, support from midwives and support from husbands are the most dominant factors that support pregnant women's compliance in consuming iron tablets (Sabriana et al., 2022). According to

(Wahyuningsih et al., 2022), a good attitude of pregnant women has a 4.2 times greater influence on compliance in consuming iron tablets during pregnancy compared to pregnant women who have a poor attitude.

According to Permenkes Number 67 of 2016, a drug supervisor (PMO) is someone who is known, trusted and approved by both health workers and patients, and must be respected and honored by patients. In addition, PMO also has other requirements, namely someone who lives close to the patient, is willing to help the patient voluntarily, is willing to be trained and/or receive counseling together with the patient (Mangopang et al., 2022).

The task of supervising medication intake at home, recording the medication that has been taken, and recording the complaints experienced by the patient, participating in taking medication, providing motivation so that there is no failure to take medication and becoming a health educator (Indriastuti & Alifah, 2017). Based on the background above, the author is interested in empowering families at the Bahodopi Health Center in Central Sulawesi as supervisors of Fe consumption in pregnant women.

Method

The implementation method in this activity is oral counseling. This activity was carried out in the Bahodopi Health Center Hall on August 27, 2024. The method used is the Action Research method through a participatory action program approach. The target of this activity is 18 pregnant women in the Bahodopi Health Center work area. The stages of this activity consist of the preparation, implementation, and evaluation stages. The preparation stage includes identifying problems using interview and observation techniques, preparing materials, and preparing counseling media in the form of presentations via Power Point (PPT). The implementation stage is carried out using the lecture method, namely delivering counseling materials in the form of socialization, assistance and guidance on the importance of nutrition in pregnancy to prevent anemia and continued with questions and answers and sharing sessions with pregnant women. The evaluation stage includes assessing participants' knowledge of the material presented. Evaluation (assessment) of pregnant women's knowledge using a questionnaire containing questions about nutrition and anemia in pregnancy. The questionnaire was distributed to pregnant women before and after receiving counseling.

Results and Discussion

Community service activities with the theme of empowering pregnant women through increasing knowledge about the importance of nutrition in pregnancy to prevent anemia are community services carried out in collaboration with the Bahodopi Health Center.

This activity went smoothly according to the planning, the course of the activity and the expected results. The Health Center provides facilities in the form of a Hall equipped with LCD and Projector, so that the PkM implementation team provides materials using Power Point (PPT) media. In the process of implementing

counseling, educational aids or commonly called counseling media are needed. This counseling media is a tool used to facilitate the delivery of information and the receipt of health messages for the community. With the ease of obtaining information, it can help accelerate the acquisition of new knowledge. Even though someone has a low education, he can increase his knowledge by getting information (Suprpto, 2021). According to (Marwiyati & Istiningsih, 2020) Microsoft PowerPoint is software that will help in compiling an effective, professional, and easy presentation that makes an idea more interesting and clear in its purpose.

This community service activity was followed enthusiastically by the participants, this can be seen from the activeness of the participants in participating in the activity from the beginning to the end, the courage of the participants in answering questions given by the facilitator, and high motivation to learn. The willingness of the participants to share experiences and stories about their pregnancy also made this activity more interactive. The objectives of this activity can also be realized well, with the results showing an increase in the knowledge of pregnant women after being given material through lectures, questions and answers, discussions, and sharing regarding local customs and cultural traditions related to foods that may and may not be consumed by pregnant women and the obstacles felt by pregnant women in fulfilling nutrition during pregnancy, the graph of the increase in knowledge of pregnant women can be seen in Figure 1.

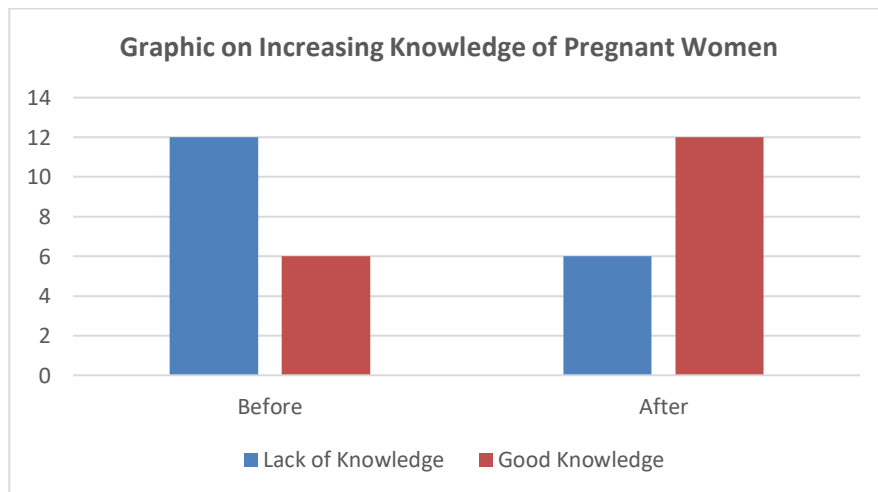


Figure 1. Graphic on Increasing Knowledge of Pregnant Women

From the picture above, it can be seen that there is an increase in the percentage of 6 pregnant women (33.33%) with good knowledge, increasing to 12 pregnant women (66.66%) after being given counseling by the facilitator. The increase in knowledge of poor pregnant women before and after counseling was 38.8%.

The results of this activity are in line with the theory that factors that influence a person's knowledge include information, education, work, age, interests, experience, and culture (Yuriah et al., 2022). These results are also in line with

research conducted by (Sepriani et al., 2024) in Karangasalam Kidul Village with the conclusion that there was an increase in knowledge of pregnant women after being given counseling on nutrition in pregnancy. That with counseling, in addition to increasing knowledge, it also increases understanding of the material provided (Beressa et al., 2022). Health education activities that have been carried out can increase knowledge (Kasad et al., 2023). Although pregnant women experienced a significant increase in knowledge after being given counseling on nutrition during pregnancy, it is hoped that the knowledge they gain can change their behavior by applying it in their daily lives. Another finding from the evaluation results of pregnant women who were respondents in this activity was the lack of knowledge about iron tablets. Pregnant women need to know the number of iron tablets that must be consumed during pregnancy, the side effects and the right time to take iron tablets. Lack of knowledge about this will greatly affect the compliance of pregnant women in consuming iron tablets. Therefore, it is considered necessary to provide counseling about iron tablets in the next community service plan. In the future, this community service activity will not only be carried out in the form of counseling but will also carry out other activities such as screening pregnant women for anemia, conducting community service and evaluating the level of knowledge of pregnant women periodically and also opening discussion facilities through electronic media applications. These activities will be carried out in collaboration with related parties such as health centers and other professions in an effort to improve the health of pregnant women holistically.

The results of this community service generally show positive results, where there is an increase in knowledge and increased enthusiasm of the community during the activity. Increased knowledge can occur because the media used can attract the attention of respondents. Media is one strategy that can be used as a learning medium in the health sector to increase a person's knowledge (Yuriah & Kartini, 2022).

In this community service, the media used are not only attractive visuals, but also audiovisuals and anemia fans that can be used by respondents in their daily activities while repeating the information provided. In general, knowledge is an intermediary in behavioral change. Although it is not a guarantee that good knowledge will produce good behavior, good knowledge can still be a provision for someone to behave positively (Wahyu Nurhakiki et al., 2021).

Health education cannot be assumed to be effective before being tested. One of the tests of health education is to conduct a pretest and posttest. Effective health testing depends on continuous testing to ensure compliance and understanding of knowledge (Yadi & Jasda, 2019). In this activity, the pretest and posttest were carried out before and after the activity was carried out.

The role of the family is also one of the factors that influence the prevention of anemia in pregnant women. The role of the family as the smallest community unit will also receive a fairly heavy mental burden. It is very important for the family to provide support, affection, attention and good family support for pregnant women who are indicated to have anemia during their pregnancy. With the role of the family, pregnant women themselves can better manage their lives. Actually,

diseases related to pregnancy usually get better quickly, with comfort at home and also support from friends, especially family such as husbands, children and siblings.

According to the researcher's assumption, the role of the family is the support received by pregnant women in encouraging anemia prevention behavior. Family support for pregnant women can be done by providing comfort, being cared for, appreciated and loved. By providing meaningful support, pregnant women will overcome complaints during pregnancy. Support from the family can reduce stress during pregnancy due to various pregnancy complaints that arise. With the role of the family, it will have a good effect on changes in the behavior of pregnant women in reducing these complaints, including behaving well in preventing anemia in pregnant women so that the incidence of anemia in pregnant women does not occur.

Conclusion

The conclusion of this community service activity is that there has been an increase in community knowledge in the Bahodopi Health Center work area about anemia and low blood pressure monitoring during pregnancy. Although the intended goals of community service in the Bahodopi Health Center work area have mostly been achieved, of course this effort requires continuous support from cadres and local health workers. It is hoped that in the future, the knowledge that has been obtained can be applied massively and continuously by the community. Empowerment of pregnant women through increasing knowledge about the importance of nutrition in pregnancy to prevent anemia, went smoothly and effectively. This can be seen from the increase in knowledge of pregnant women regarding the counseling provided. It is recommended that further community service activities emphasize more on counseling regarding iron tablets and compliance of pregnant women in consuming iron tablets..

Conflict of interest statement

The authors declared that they have no competing interests.

Statement of authorship

The authors have a responsibility for the conception and design of the study. The authors have approved the final article.

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